

VOICE OF THE RESIDENTS

No. 4

BROADMEAD, COCKEYSVILLE, MD.

JANUARY 1980

OVERFLOW AUDIENCE HEARS FROM HEALTH CARE UNIT

What the health care program at Broadmead really is, its parameters and the men and women behind the Health Care Unit were highlighted to an overflow audience of residents in the Auditorium of the Center recently (Dec. 12).

In his preliminary remarks Martin Trueblood introduced Glen Tipton, Broadmead's architect, who spoke in behalf of his colleagues and the firms that brought our buildings into being. Mr. Tipton and his associates presented handsomely wrapped parcels containing Christmas gifts that will decorate the external areas of the community. Our thanks are extended to all of them.

The Health Care Program, referred to by Martin as the "essence of the Community", was described in some detail by Wilson Sheldon, Health Care Manager, who is administratively in charge of all the in- and out-patient services. Mr. Sheldon introduced and described the functions of the inter-disciplinary health team who will look after our well-being, as follows:

Dr. Charles Ellicott, medical director and attending physician; Dr. Walter (Sandy) Hepner, attending physician; Pat Brown, R. N. who, because of her highly specialized training beyond her R. N. degree, is our "primary care nurse-practitioner" and is equipped, in conjunction with the medical staff, to diagnose, treat and follow the medical care of Residents; Elaine Tracey, L. P. N.; Audrey Leitkam, Director of Nursing, who will be in charge of all in-patient care under the direction of the medical staff and Dot Erickson, the medical secretary, who contributes substantially to the smooth operation of the medical services.

(continued, pg.5)

BROADMEAD RESIDENTS ASS'N SOON TO BE FORMALIZED

At its meeting on December 19 the Residents Committee, which had been established by the Broadmead Board of Trustees, approved plans for the submission to the Broadmead Community of a proposed Constitution and By-Laws for a Residents Association.

Copies of the proposed Constitution and By-Laws, incorporating Residents' suggestions for revision were placed with an accompanying letter in message boxes about the first of January.

An initial meeting of all Residents, for purposes of discussion and explanation only, will be held about the middle of January. No formal action is planned at that meeting.

A second meeting will be held toward the end of January. At that time formal action will be proposed to adopt the Constitution and By-Laws, along with any amendments the community may adopt at that time.

The Enabling Act approved by the Residents by mail ballot in the spring of 1979 also authorized the Residents Committee to serve as a Nominating Committee to propose candidates for elected offices specified in the Constitution and By-Laws. In the hope that these documents are adopted much as presented, and to permit elected officers to assume their positions immediately on formation of the Residents

(continued on pg. 2.)

CHRISTMAS LETTERS

Many, many Christmas letters left Broadmead, and were received here, during the Yuletide. A sample of those that left, we hope is represented in the one-page communication from Joshua and Nancy Rowe to their relatives and friends (see pg. 4)

(continued from pg. 1.)

Association at the end of January, the Residents Committee will propose at the first meeting in January a list of candidates for office. Election of officers may then take place immediately after the approval of the Constitution and By-Laws, which also provide for additional nominations from the floor.

The Residents Committee solicited suggestions from the Community for nominations specified in Article III, Section 7, of the proposed Constitution.

Suggestions were to have been put in the hands of Kenneth Walker, Committee Chairman, no later than January 10, 1980.

The Residents Committee is most appreciative of the overwhelming response and the many suggestions from Charter Residents as we made plans for the establishment of our association.

More precise information was included in the letter of transmittal accompanying your copy of the proposed Constitution and By-Laws. Please keep your copy and bring it with you to all scheduled meetings.

Kenneth Walker,
Residents Committee Chairman

UPSTAIRS, DOWNSTAIRS

"I find that one of the most disturbing aspects of aging is my growing inability to recall important information, like the Greek alphabet, the gross national product of Lebanon, and where I put my bedroom slippers and glasses. This becomes particularly pronounced when I go upstairs to get something. Half way up I realize I have no inkling of what it is I am going upstairs to get. Should I go back downstairs and try to remember what it was I needed, or should I continue on up and look around for something that needs bringing down? Unable to decide I resort to sitting on the landing, only to discover three minutes later that I have completely forgotten whether I was originally upstairs coming down, or downstairs going up."

Submitted by Betty Norris, original author and source misplaced.

DRIVER'S REGISTRATION--ADDRESS CHANGE
JANUARY 7 and 10
11 a.m.-2:30 p.m. RECEPTION DESK

WORLD COLLEGE TO SOVIET UNION
IN WEDNESDAY LECTURE SERIES

The Program Committee Announces a series of Wednesday afternoon meetings in January, 1980; time 2:00 to 3:30 o'clock. Place--Auditorium.

Wednesday--January 9, 1980: Mary-Cushing Niles, A founder of Friends World College; management consultant; author, with Henry Niles, of many books and articles. Topic: "Friends World College: A Venture in World Education."

Wednesday--January 16, 1980: Claire Stieff, trustee of Goucher College; long-time volunteer in numerous civic, cultural and community organizations. Topic: The Four Merchant Princes of Baltimore.

Wednesday--January 23, 1980: Isabella Jinnette, Convener of the Library Committee, formerly, coordinator of Children's services at Enoch Pratt Free Library. Topic: Broadmead's Library.

Wednesday--January 30, 1980: Claire Walker, formerly, teacher of Russian, Friends School; Tour Leader in the U.S.S.R. Topic: Experiences In The Soviet Union.

ANSWERS TO "CAN YOU INTERPRET?"
From December issue.

- (1) $\frac{\text{mind}}{\text{matter}}$ = mind over matter
- (2) ecnalg = backward glance
- (3) o p e n = wide open
- (4) $\frac{1}{0} \frac{1}{0}$ = circles under the eyes
- (5) /r/e/a/d/i/n/g/ = reading between the lines
- (6) $\frac{0}{\text{Md.}}$ = 3 degrees below zero
Ph.D.
D.O.D.
- (7) Jack = Jack in the box
- (8) FOREIGN = foreign capitals
- (9) $\frac{144}{\text{sight}}$ = gross oversight
- (10) run draw = run backward

VOTER REGISTRATION--RECEPTION DESK
JANUARY 7 & 10 11 a.m.-2:30 p.m.

1980 LEAP YEAR--FOUR MORE BEFORE 21st CENTURY

Yes, 1980 will be the first of the five. And then 2000 will be the first century leap year (divisible by 400) since 1600. If it seems baffling to make plans around leaps, lunar holidays like Easter, and legislative fixing of holidays on Mondays, consider some of the other known calendar complications.

Historically, 46 B.C. had 445 days while a major calendar adjustment was made. The people called it the Year of Confusion. Another such year was 1582, when October 5 became October 15 as ten days were dropped for the same sort of adjustment. This was the year the present Gregorian calendar was devised by astronomers at the behest of Pope Gregory XIII, Catholic countries switched to the new reckoning. England approached the matter more cautiously and did not turn to the Gregorian calendar until 1752. Even more cautious, Russia did not switch from the Julian calendar to the Gregorian until after her twentieth-century revolution.

There are still plenty of sources for confusion in dating. The Hebrew calendar inserts an extra 29-day month in seven years out of every 19 years. The Moslems observe a leap year 11 times in each cycle of 30 years. The whole trouble arises out of the discrepancy between the solar year of 365 days, 5 hours, 48 minutes, 46 seconds, and the lunar year of 353 days. The effort to keep the rotation of seasons uniform from year to year is complicated by still another kind of year, which makes life more complex for astronomers, the sidereal or star year, which is the time it takes the earth to return to the same place in its orbit with reference to the fixed stars.

Always under discussion, Calendar reform is a chronic problem. Why can't we all just have copies of the "perpetual calendar"---three tables which enable the user quite easily to determine on which day of the week any past date or any future date should fall. This device alongside our current annual calendar would provide enormous entertainment and musing for senior citizens.

More on "Leap Year" next month.

OPPORTUNITY TO AID SUFFERERS OF CAMBODIA

In spite of the many inconveniences we may have suffered recently, those of us who are now well-fed, warm and comfortable in our new home may appreciate just a little bit more easily the tragic deprivation of the Cambodian people.

Moved from place to place with no shelter, no medical care and no food the people of that small nation are dying!

While Governments delay because of political considerations, American Friends Service Committee and others have found ways to deliver supplies directly to the most destitute.

Aid is already flowing by plane, by AFSC and, with Oxfam, by barge.

I will be glad to accept contributions for the American Friends Service Committee (cheques marked "for Cambodia")

Other organizations accepting donations:

Oxfam America, 302 Columbus Ave. Boston, Mass. 02116

Catholic Relief Services, 1011 1st. Ave. New York, N. Y. 10022

Church World service, Elkhart, Indiana, 46515

UNICEF, 331 E. 38th St. New York, N. Y. 10016

Care, 660 1st Ave. New York, N. Y. 10016

American National Red Cross, 17th. & D St. N. W., Washington, D. C. 20006

Kit M. Taylor, B-9 666-9249

LETTERS TO EDITOR

Dear Voice:

At a recent gathering of some of the residents, when a few complaints were being bandied about, after a little pause, one of the residents spoke up and said: "Well, when we don't have any more complaints about our apartments, we will then have to talk about one another".

Robert B. Bouchelle

Good news: Statistics show not a single case where a woman has shot her husband while he was washing the dishes.

Mr. and Mrs. Joshua Wilson Rowe
Broadmead - 13801 York Road
Cockeysville, Maryland 21030
Apartment A3
301-666-1938

December 1979

"Home" is now Broadmead, and we are delighted. On September 28th, we moved into our apartment at this new (not entirely completed) Friends Life-time Care Community, developed and operated by the Quakers, but open to all.

The 240 garden apartments are arranged in quadrangular clusters of about 15 apartments each. The Center houses health care facilities, dining rooms, libraries, workshops, auditorium, and rooms for recreation and social activities, and more. Far from a rocking chair atmosphere, it is a lively and interesting place.

The residents, a number of whom we already knew from Goucher, Grace Church and elsewhere, are especially enjoyable. Their interests and professions are quite diverse: educators, librarians (26!), social workers, civil servants, scientists, editors, musicians, "doctors, lawyers, merchants," and people like us. Though retired from their careers, they are far from retired from life. Some are still working, others volunteering, and many are helping to organize residents' committees and projects.

The Broadmead staff is composed of exceptionally fine people. From management to maintenance, one couldn't find a more pleasant, helpful, concerned group.

Our apartment consists of two bedrooms (used as a bedroom and a den with a hide-a-bed), two baths, kitchen, living-dining room, patio, and two huge closets--very comfortable and convenient. It overlooks a mature oak grove with an old stone spring house whose water feeds the round swimming pool, remaining from the previous estate. We see beautiful sunsets through our patio doors.

Dinners, which we take at the Center, are unusually good and varied, and socially refreshing as well. When the Center is completed, activities will get under way. The residents' Program Committee has already sponsored a "debate" on Salt II by two highly qualified residents, one a former ambassador. We conducted a Thanksgiving Day Bird and Nature Walk around the grounds, and Nancy is serving on several Committees.

So we like it here. We retain our freedom and independence, enjoy the protection of complete health care, have shed the responsibilities (and burdens) of maintaining a house and property, have divested ourselves of excess belongings--and all the paper clips are in one place! We expect to have more time to enjoy other activities and people, and watch others mow the grass, rake the leaves, and shovel the snow. In addition, we are still near our girls and their families and can take much more pleasure in being grandparents to our four young people. Furthermore, when we visit them, we feel even more at home, for we see many of the aforementioned belongings in their new settings.

Contemplating our good fortune on two recent occasions evoked these comments:

Nancy: I feel as though I'm living at a country club!

Josh: The County Home was never like this!

Come see us! If possible, write or phone us first so we won't miss you.

SEWING AND PAINTING STUDIO IS JUST AROUND THE CORNER

We are looking forward to the opening to the Sewing-Painting Room at Broadmead. You will see the brightly lighted room as you drive around the circle, just below the Center Building. With the very large window, there is promise of plenty of light.

Experts have helped to plan the room so as to get the most use out of it. Many pieces of equipment have already been promised by in-coming Residents, and it seems that we will have at least six sewing machines, of several makes.

We expect to have a good cutting-out table and a pair of electric cutting-out scissors. Two weaving looms and a lap-board quilting frame are also just around the corner.

The room will be used by the painting buffs with their easels.

The "Sew-and-So Group" will use the room every other Wednesday. You might wish to join us. Details later.

The "Sew-and-So Group" is an established group which includes men and women. It has a "Little Sister", a brand new group which sews for needy babies. This is called "Sewing Group No. 2" at present. We have met twice. Coordinator is Sibyl Nary. A foot high pile of infant garments has been made to date. To earn money to buy materials, a doll has been dressed and sold in the Country Store. Watch the Bulletin Board for news of this deeply satisfying activity.

Eventually we hope that there will be interest groups of many kinds of needlework for whom we can have instructors. If you know of anyone who could help us in this way, please give me a call--667-1188. Will you teach us some type of needlework?

--Margaret T. Bouchelle

FATHER ABOUT SON

The father having trouble with his teenaged son said to his wife, "perhaps we'd do him a favor if we let him start shifting for himself.....while he still knows everything." Clipped by Betty Norris

OVERFLOW AUDIENCE HEARS (Cont. from pg. 1) FROM HEALTH CARE UNIT

A sizeable panel of carefully selected specialists will be used as consultants to the medical team and, where in the latter's judgement it is indicated, Residents will be referred to particular consultants if it appears desirable.

The key telephone number to use at present is 628-6900 which is now manned 24 hours per day, seven days a week. This number should be used for all non-life threatening emergencies. If a life threatening emergency occurs, 911 should be dialed requesting the rescue squad. Experience has shown that the highly competent rescue squad arrives within 10-15 minutes.

During the discussion period, it was learned that Broadmead will be responsible for prescription drugs prescribed by the Broadmead medical team. Residents who use private physicians without authorization will be responsible for the attendant bills but it was strongly urged that current relevant information be made available to the medical team at Broadmead so that, in the event of a medical problem that must be treated here, the staff may be fully aware of the medications and treatment prescribed elsewhere. A list of local dentists will be made available very soon but there fees will not be absorbed by Broadmead.

In the near future, there will be community meetings of importance to all Residents on Broadmead's Maintenance Program, the Housekeeping department's Responsibilities and the role of the Housekeeping Aides; and the Food Service's Basic and Special Services.

Mildred Beck

DAILY UPS PARCEL PICKUP

Broadmead has arranged for daily pick-up by United Parcel Services (UPS), right here on the Broadmead premises. Please bring your packages to Nancy Grant (administration) for processing. Another example of the Broadmead spirit of serving and helping. You'll also save lugging packages to the post office, and save gas, too.

THERE WILL BE A RESIDENTS' MEETING 7:30 p.m., JANUARY 31, 1980 IN THE AUDITORIUM

BROADMEADER RECALLS VISIT WITH MARTIN LUTHER KING, JR.

In a community as star-studded and experience-studded as Broadmead it is no surprise that nearly every resident has met someone important, historic or just interesting. Such a person is Henry F. Niles who once visited with Dr. Martin Luther King, Jr., the Nobel Peace Prize winner and civil rights advocate. Resident Niles wrote to The Voice as follows:

"The birthday of Dr. Martin Luther King Jr., will be January 15. It will recall to me the time in 1958 when, on behalf of The American Friends Service Committee, I escorted a leading follower of Mahatma Gandhi to Montgomery, Ala., to spend three days with Dr. King.

"I was privileged to sit with the two men during many hours of their discussions. Dr. King, a young man, had just recently headed up the bus strike in which thousands of Blacks refused to ride in segregated busses. He had not sought leadership but it had been thrust upon him and he had handled it well. He had read of non-violent resistance and he preached and practiced it. He eagerly sought the experience and advice of Kakasaheb Kalelkar, a high caste Brahmin who believed in the worth of all people and who had been one of Gandhi's top associates in the struggle for freedom for India and for the abolition of the caste system. I saw an instance of how the world is being linked by shared ideas and ideals.

"In spite of great dangers there is a growing awareness in the world today of the interdependence of peoples of all races and nationalities. It is an interdependence which means that we must think in world terms on how to replace violence with goodwill. It is what these two men talked about.

"After two and a half days, a break came when Dr. King had to go to a meeting. I was left alone with several persons in Dr. King's living room. The conversation somehow turned to Yoga. With Kakasaheb's help I stood on my head (some persons think I'm still doing it) In spite of all the great dangers in the world today, I believe that there are great possibilities

for goodwill to build constructively if we will pay less attention to our fears and more attention to understanding other persons and nations.

"Dr. King stood for overcoming violence, hate, and prejudice. It seems to me fitting that we remember him.
Henry E. Niles"

LETTERS TO EDITOR

Dear Voice:

At a recent gathering of some of the residents, when a few complaints were being bandied about, after a little pause, one of the residents spoke up and said: "Well, when we can't have any more complaints about our apartments, we will then have to talk about one another".

Robert Bouchelle

LARGER COMMUNITY OFFERS MUCH TO BROADMEADERS

The larger community which encircles our new, small community of Broadmead, offers much that is helpful and stimulating.

If you are one of us who did not bring a car with you, but who needs to go to appointments with doctors or dentists, consider getting in touch with the Baltimore County Commission on Aging which will supply drivers with cars, without a fee. For a ride, call 494-2090. The Baltimore County Commission on Aging is a very active organization, with an office down York Road in Towson. It is noted for its monthly newspaper, the Senior Digest. At least one of our Residents (Leopold Bridge) is a volunteer worker at the office two days a week.

If you have trouble reading, there are several easily available aids, including Baltimore's Radio Reading Service, which broadcasts news as well as a variety of other programs. At present, hours are from 4:30 to 8:30 p.m., Monday through Friday, over a sub-channel of WBJC.

Large-type books, a large collection of them, are available at the Cockeysville branch of the Baltimore County Library, just down the road from Broadmead. This library is a gold mine, having besides books many other programs, such as an information service. Virginia A. Williamson

BEST WISHES FOR A HAPPY NEW YEAR TO ONE AND ALL

CHRISTMAS WITH FRIENDS SINGERS OPENS CENTER'S HOLIDAY SEASON

The holiday season was ushered in when the Friends School Chamber Music Singers, under the direction of Mrs. Libby Gossage, sang both in the Dining Room and the Auditorium, on Dec. 11, 1979. The program included longtime favorite Christmas Carols and some lovely and lively songs that commemorated the Hannukah celebration of the Festival of Lights.

In addition to Mrs. Gossage, we would like to express our very sincere appreciation to singers David Alkire, Michael Neff, Michael Lurie, Phil Roberts, Scott Gossage, Ed Patterson, Claire Abt. Paula Russo, Betsy Moyer, Betsy Feder, Adrienne Hubbard, Adrienne Pierce, Heidi Neff, Shelley Maus, Dahira Lievano, Sarah Richmond and Rachel Carnell.

Special thanks are also due Anne Niles and Mary-Cushing Niles for making the Necessary arrangements and for Ruth Ring's assistance in helping select the musical offerings.

CAROLS IN LOUNGE

More than two programs of Yuletide carols were sung in the Center Lounge during the holiday season, with Broadmeaders themselves, making up the choruses and the pianists. These programs kept the Christmas season much aglow.

Special contribution to "the spirit" was the decorations. They were plenteous and beautiful, and much credit is due to the lovely people who nurtured the display of holly, pine and other garland greens--and the striking bows of red.

SEASON'S GREETINGS FROM STAFF

Perhaps the largest "Season's Greetings" card in Cockeysville came from the Broadmead staff to Broadmeaders. It was 11 X 14 inches in size, had a beautiful design of the Center, and on its second sheet, the signatures of all the staff. Thoughtful and lovely has been the reaction of everyone. Artist was and is John Huffman.

A HAPPY NEW YEAR TO ALL

SECOND BIRD-WALK HELPS TO SET BROADMEAD TRADITION

The second birdwalk since Broadmead opened, was "the Christmas Birdwalk," which followed the Thanksgiving Day walk by Resident bird and nature lovers. The Christmas walk took place on Dec. 27.

There was a difference between the two events. On Thanksgiving Day, the construction workers were on vacation, but for the Christmas, there was no holiday. It was not only cloudy, 33 degrees, and windy, but the noise and heavy equipment activity intimidated the birds.

There was no intimidation, however, for the six birders, Kit Taylor, Malcolm Dill, Adelaide Silberstein, Lefty Graham, and Nancy and Joshua Rowe.

The one-hour circle walk along Copperbeech Drive yielded only three turkey vultures, one gull, and three crows, but subsequent reports from Residents added one Carolina chickadee, one mockingbird, eight house sparrows, four goldfinches, 13 starlings, three juncos, and a flock of gulls--a total of nine species. Next year should be better.

As winter deepens, feeders will attract more birds, especially when snow and freezing temperatures reduce the amount of available food and when the supply is virtually gone in late winter and early spring.

The list of species observed since October 10, 1979, totals 23, and is posted on the Broadmead Bulletin board. Broadmeaders are invited to add any new species they have seen.

Nacy W. Rowe

COMMUNITY

"That community is already in the process of dissolution where each man begins to eye his neighbor as a possible enemy, where nonconformity with the accepted creed, political as well as religious, is a mark of disaffection; where denunciation, without specification or backing, takes the place of evidence; where faith in the eventual supremacy of reason has become so timid that we dare not enter our convictions in the open lists, to win or lose."

JUDGE LEARNED HAND (1952)

DIRECTOR'S CORNER

While we are enjoying the mildest early winter in recent years, we should not be lulled into thinking that the mild weather will continue all winter. This is the time of year that our Maintenance Department will be called upon for extra duties whenever it snows.

I am happy to announce that Pat Wilson has joined the Maintenance Department as Head Groundskeeper. This has proved to be the hardest position to fill of all the jobs at Broadmead. Pat has been around the grounds for many years "looking after" his father-in-law, Huey Riddle, who served on the site for fifteen years prior to Broadmead. Pat's experience in caring for equipment and his general knowledge of nature is extensive. He has been offered technical backup by Tom Hunter, who is the contractor for final grading and grass-planting and from Bob Galvin of Daft, McCune and Walker, our landscape architects.

In his new role Pat will have the primary responsibility for snow removal and for sanding when conditions are icy. His equipment includes our large tractor with a front loading bucket and a blade, the old tractor with its blade, the dump truck with a new blade, snow blowers for walkways and shovels. When snow starts to fall the man on duty will start plowing and will call in more help as needed. Priorities will be as follows: (a) roads and the fire lane, (b) Broadmead Center Parking areas, (c) covered walkways (d) cluster parking lots.

Sand will be used this winter wherever ice forms on walkways, since salt would ruin our fresh concrete walks. A container will be placed in each laundry room with dry sand. Please feel free to use this sand on a local icy spot, as a temporary safety precaution and also report the condition to the Reception Desk.

I have found that many persons hesitate to report problems for fear of appearing to be complainers. We depend on you to report problems, so that they can be corrected. General problems (walkways, lights out, ice, trash, etc.) should be reported to the Reception Desk, and problems in your unit should be reported to Maintenance. Daytime reports are most helpful, but after 4:30 p.m. do not hesi-

tate to report all emergencies to the Reception Desk.

As we near completion of all construction work, the entire staff is looking forward to concentrating our efforts in helping you to develop the community life that you have a right to expect here. Now we are tired but as the burdens of construction are lifted, we will be rejuvenated and we will have the time to do the things that we wish we could have been doing the last three months.

D. Martin Trueblood

EMPLOYEE CHRISTMAS FUND

Broadmead Residents have been most generous in contributing to the Employee Christmas Fund. Contributions were opened and counted by Henry Van Horn and Lois Sexton of the Accounting Department. The total amount was \$2,451.00, which was used to pay for the employees' Christmas party and a cash gift for each. A balance of \$210.00 was carried over, to be used for future distributions to employees.

Everyone expressed his and her appreciation of "this expression of gratitude" by the Residents of Broadmead.

HAPPY NEW YEAR

VOICE OF THE RESIDENTS

EDITORIAL

G. James Fleming (coordinator)

Mildred Beck
Margaret Bouchelle
Nancy Rowe
Claire Walker
Virginia Williamson

PRODUCTION AND CIRCULATION

Frank Beck
Dorothy Graham
Lefty Graham
Esther Mahan
Cyril Murphy

(additional members and staff invited)

Mailing Address: Broadmead B-1
13801 York Road, Cockeysville, Md.
21030

Deadline for February issue: Jan. 23